

THE FAIRFAX AREA AGENCY ON AGING PRESENTS CAREGIVER'S CORNER ONLINE MARCH 2005

Caregiver's Corner Online is an electronic newsletter produced by the Fairfax Area Agency on Aging (AAA) with funding from the National Family Caregiver Support Program of the Older Americans Act. Our goal is to send you information to support you as a caregiver for an older adult.

IN THIS EDITION:

1. Spring 2005 Series Seminars for Caregivers of Older Adults
2. "Seasons of Caregiving" Conference
3. Virginia Caregivers Grant Program
- 4.. Previous Editions of Caregiver's Corner Online are Now Available

1. CAREGIVER SEMINARS. Are you a new caregiver for a parent or spouse? Do your parents live out of the area and you aren't sure what resources are available for them? Have you been providing care for a loved one for quite awhile but now need to make some decisions about getting additional help? Do you like to plan ahead? Are you concerned about how your loved ones are going to pay for long-term care services? Do your parents want to remain in the home they have lived in for the last 40 years, but you don't feel that is a safe plan? Did you know that humor was good for a caregiver's soul?

If you can answer YES to any of these questions the Fairfax Caregiver Seminar Consortium (FCSC) has the answer for you - the Spring 2005 Series of Seminars for Caregivers of Older Adults. These free seminars are being offered at various times and locations throughout the Fairfax area. For all the details please go to:

www.fairfaxcounty.gov/service/aaa. Looking forward to meeting you at one of the seminars. If you have any questions, please call the seminar registration line at (703)324-5205/ TTY (703)449-1186.

**THE FAIRFAX AREA AGENCY ON AGING PRESENTS
CAREGIVER'S CORNER ONLINE
MARCH 2005**

2. SEASONS OF CAREGIVING. The Prince William Long Term Care Coordinating Committee and Westminster at Lake Ridge are co-hosting a conference on caregiving for the elderly called 'Seasons of Caregiving.' The conference will be held on Saturday, April 30, 2005 at Westminster at Lake Ridge, 12191 Clipper Drive, in Woodbridge, Virginia from 8:30 a.m. to 4:00 p.m. The conference will feature two keynote speakers. Kathleen Monge, a registered nurse, will open the conference by addressing issues related to the early stages of caregiving, when the journey begins. Hank Dunn, author of the book, *Hard Choices for Loving People*, will close the conference by focusing on issues related to the final stages of caregiving and helping patients and families with end of life decisions. Conference workshops will focus on all stages of caregiving and will include: Medication Management, Changes and Stages and How They Affect You, Accessing Care Through Medicaid, and Providing Personal Care. Exhibitors from agencies, organizations and businesses related to caregiving of the elderly will be available to answer questions about their services.

The conference will be an excellent opportunity for local and long distance caregivers, professionals in the areas of geriatric health care, social work and volunteers who work with the elderly as it will take them through the stages and seasons of caregiving from beginning to end. It will explore many common caregiver problems and issues, and offer practical solutions and suggestions for increasing communication, improving coping skills and connecting caregivers to resources.

The cost is \$25 per person, \$45 per couple, which includes a continental breakfast, lunch and respite care, if required. Proceeds from the conference will benefit the newly established Caregivers' Fund. Registration will be ongoing until Friday, April 15. To register, please contact the Prince William Area Agency on Aging at 703-792-6374.

3. VIRGINIA CAREGIVERS GRANT PROGRAM IS BACK! The Virginia Caregivers Grant Program provides annual grants of up to \$500 to caregivers who provide unpaid care to a needy relative. Grants are awarded for care provided for at least six months of the previous calendar year. The caregiver and person receiving care must be related by blood, marriage, or adoption and reside in Virginia. The caregiver's annual income cannot be more than \$50,000. The Virginia Department of Social Services will only accept applications between February 1 and May 1 of each year. Applications postmarked after May 1 will be disqualified. To receive a copy of an application or for more information, please contact the Fairfax Area Agency on Aging at 703-324-5485. Applications can also be downloaded at:
www.dss.state.va.us/family/as/caregivegrant.html.

**THE FAIRFAX AREA AGENCY ON AGING PRESENTS
CAREGIVER'S CORNER ONLINE
MARCH 2005**

4. PREVIOUS EDITIONS OF CAREGIVER'S CORNER ONLINE NEWSLETTER ARE NOW AVAILABLE. Current and past editions of the Caregiver's Corner Online newsletter (September through February 2005) are available online at www.fairfaxcounty.gov/service/aaa/caregivers_corner_nl.htm.

**Please note that these items are included for informational purposes only and do not imply endorsement by the Fairfax Area Agency on Aging or Fairfax County Government.

For further information, please contact an Aging Information Specialist at the Fairfax Area Agency on Aging (telephone: 703-324-7948; TTY 703-449-1186 or e-mail: fairfax_aaa@fairfaxcounty.gov). Visit our website at: www.fairfaxcounty.gov/service/aaa.